



Great Bear Psychology Services



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ABOUT ASSESSMENT AND TREATMENT

I am a Chartered Clinical Psychologist and Health & Care Professions accredited Practitioner Psychologist. I've worked in mental health services in the NHS for 20 years and more recently private practice. I've worked with people with a wide range of psychological difficulties as individuals, in couples, as families and in groups. I have experience and training in using Cognitive Behaviour Therapy (CBT), Dialectical Behaviour Therapy (DBT), Eye Movement & Desensitisation Therapy (EMDR) and Schema Therapy. As my training and experience has been diverse, I draw on a range of therapeutic models and work in an integrative style, matching my approach to the client's needs.

At assessment we will explore the type of therapy that might benefit you more explicitly if it is appropriate to do so.

- An initial session will be offered to think about, decide on and plan therapy.
- Therapy might be open-ended or limited to a specific number of sessions.
- Most people are seen weekly but if appropriate other contact arrangements may be made.

THERAPY SESSIONS

- For in-person therapy sessions I use a therapy room in a convenient location in Dursley, Gloucestershire. Parking is available and I will provide location details when an initial appointment is arranged.
- I also offer online therapy via a suitably secure online platform such as Zoom, Microsoft Teams or Skype.
- Sessions are usually held weekly unless other arrangements are agreed as being more beneficial. As far as possible, therapy sessions will take place on the same day and time each week.
- Unless otherwise agreed, sessions are 50 minutes in length. For some types of work (EMDR or couples work for example) longer sessions may be advantageous.
- It is expected that sessions will start and finish at the agreed times.

ATTENDANCE

- Arrival later than 15 minutes after the scheduled session start time will usually be treated as a missed appointment and the session will only be used to rearrange a subsequent session if appropriate.
- If for any reason, you are running late or need to cancel at short notice, you should let me know via the above phone number (call or SMS) or email.
- If you know that you will be unable to attend a scheduled session you must give at least 48 hours' notice wherever possible. As far as possible I will be flexible about scheduling appointments or rearranging ones that cannot be attended but this may mean there is a delay in restarting therapy.
- Sessions cancelled with less than 48 hours' notice, or sessions that are unattended without any prior notice, are chargeable at the full session fee to cover costs incurred.
- For therapy sessions that are paid for by a third party (i.e. health insurance or personal injury cases) please note that cancellations with less than 48 hours' notice and missed appointments (i.e. with no prior notification) will be classed as missed sessions. I am required to inform third parties about late cancellations and missed sessions and may need to receive authorisation from them before I'm able to arrange further sessions. Your insurer may deduct missed sessions from the total number of sessions authorised.
- Sessions cancelled by myself or taken as holiday by me will of course not be charged for.

PAYMENT

- Unless otherwise agreed, an invoice will be provided at the end of each calendar month for all chargeable sessions held that month.
- Missed or cancelled sessions (as detailed in 'Attendance' above) will be chargeable unless other arrangements have been made and will be identified as missed sessions on invoices.
- I can provide a receipt if required.
- Where appropriate, third parties (such as insurance companies) are invoiced directly without the need for the client's involvement.

CONFIDENTIALITY

All information discussed remains confidential to myself and my professional supervisors unless I am required to break confidentiality for legal reasons e.g.: -

- There is a legal case ongoing, or an insurance claim and I am required to produce a report;
- In circumstances where I believe there to be a risk to the client or others, in which case I have a legal Duty of Care to protect individuals.

Any circumstances where confidentiality might be broken will be discussed as fully as possible with the client in advance, though this may not always be possible.

There may be some occasions when it might be helpful for me to speak to or write to your GP or other healthcare professional (e.g. about your medication or to update them about your treatment). In such circumstances I would gain your permission in advance to do this.

As with all therapists, Clinical Psychologists receive regular clinical supervision related to their work. This is required in our professional Code of Conduct and is also a valuable opportunity for me to reflect on client work with another experienced therapist. Supervision enables the supervisor to support the therapy being provided and ensures that clients are receiving the best possible care. All supervision discussions are anonymous, to protect the identity of the client.

PROFESSIONAL CODE OF CONDUCT & ACCOUNTABILITY

Practicing Clinical Psychologists are required to be registered with the national regulatory body, the [Health & Care Professions Council \(HCPC\)](#). Registration means that you can be safe in the knowledge that the service you receive is delivered by a suitably qualified Clinical Psychologist.

Many qualified Clinical Psychologists also look to achieve chartered status with the [British Psychological Society \(BPS\)](#). Chartered status reflects the highest standard of psychological knowledge and expertise, demonstrating a commitment to professional development and high ethical standards of practice.

I am registered with the HCPC, have achieved Chartered Status with the BPS and I am a fully insured Clinical Psychologist.

SUPPORT OUTSIDE OF THERAPY SESSIONS AND EMERGENCIES

Regrettably, I cannot offer emergency support outside of sessions because I cannot guarantee availability to you. Contact numbers and e-mails should only be used to communicate about appointment times or cancellations.

If you are finding that you require additional support between sessions, please discuss this with myself and/or your GP. There are many organisations that can provide additional support and I can provide details of these as appropriate.

If you feel you can't keep yourself (or others) safe, please contact your GP (or NHS 111 out-of-hours) or the Samaritans (116 123 - free to call from any landline or mobile). **In an emergency call 999.**

CONSENT TO SHARE INFORMATION

You may want me to share information about your treatment with other people in your life. This may be a family member, a friend, or another healthcare professional. I will not share any information (outside of the limitations of confidentiality outlined above) without your explicit consent to do so. Space is provided to provide appropriate names and contact details of those that you consent to share information with on the Client Information Sheet that you will be asked to complete at the start of therapy.